Mantra: Rakhay Rakhanhaar

Rakhay rakhanhaar aap ubaariun
Gur kee pairee paa-eh kaaj savaariun
Hoaa aap dayaal manho na visaariun
Saadh janaa kai sung bhavjal taariun
Saakat nindak dusht khin maa-eh bidaariun
Tis saahib kee tayk naanak manai maa-eh
Jis simrat sukh ho-eh saglay dookh jaa-eh

* Translation:

God Himself is looking out for us,
gives us the light, and takes care of our affairs.
God is merciful, and never forgets us.
God guides us, giving us good people to help us.
God does not allow hurt to come to us.
I take comfort in the thought of God.
When I remember God, I feel peaceful and happy
and all my pain departs.

* More Information:

These are the words of Guru Arjan, the 5th Sikh Guru, and are for complete protection. It is from the evening prayer (Rehiras), which adds energy to one’s being, and helps when you are physically weak or have limited wealth. It is a victory song which allows us to be guided by God’s graceful and merciful hand. It does away with the obstacles to fulfilling one’s destiny. Chanting this mantra helps against fluctuations of the mind.  This mantra is included in the Aquarian Sadhana and is done as a part of the daily practice in the morning meditations for Kundalini Yoga practitioners.